1 + 1 = Huh?

From Woody and Soon-Yi to Bennifer, this is how Avril and Chad remind us of other odd celebrity couplings PAGE 16

PIC PLOY?

PUNDITS WEIGH IN ON WHY RUPERT MURDOCH'S SUN NEWSPAPER RAN INFAMOUS SNAPS OF PRINCE HARRY PAGE 13

VANCOUVER metro®

Monday, August 27, 2012

News worth sharing.

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Record-setting young golfer MAKES A SPLASH

Lydia Ko, 15, of New Zealand, is sprayed with water by her fellow golfers after winning the CN Canadian Women's Open LPGA golf tournament at the Vancouver Golf Club in Coquitlam on Sunday. She now enters the history books as the youngest-ever winner of an LPGA event. Story, page 22. DARRYL DYCK/THE CANADIAN PRESS

Delta teen's alleged killer goes on trial

Laura Szendrei case. Young offender was charged with 1st-degree murder in 2010 beating death of 15-year-old

PHYLICIA TORREVILLAS
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The trial of the young man accused in the beating death of 15-year-old Laura Szendrei gets underway Monday morning at Surrey Provincial Court.

Szendrei, who was on her way to watch a soccer game, was attacked in broad daylight while walking along North Delta's Mackie Park in September 2010. She died of her injuries in hospital the next day.

Police have described Szendrei's death as being the result of blunt-force trauma.

Fifteen-year-old Laura Szendrei was found beaten to death in a wooded area in Delta in September 2010. FACEBOOK

The accused, who cannot be named under the Youth Criminal Justice Act because he was 17 years old at the time of the incident, was charged with first-degree murder in February 2011.

The young man was not in school and was not known to police before the incident. Police also do not believe the accused killer knew Szendrei.

A legacy garden created on the grounds of Burnsview Secondary, where Szendrei studied, was officially unveiled in May 2012 during the second annual Laura Szendrei Walk, Run and Roll.

Last year's memorial run attracted roughly 1,700 people and raised about $40,000, which was enough money to fund an annual $1,000 scholarship for a Delta student attending Kwantlen Polytechnic University.

The trial will run until early October.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

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Pipeline. Enbridge's oil-spill plan inadequate, scientist says

Enbridge Inc.'s response plan for a potential spill of Northern Gateway oil into the pristine waters off British Columbia doesn't take into account the unique oil mixture the pipeline would actually carry, documents show.

Enbridge officials confirm the spill-response plan they have filed with the federal review panel studying the pipeline proposal deals with conventional crude, not specifically the diluted bitumen the pipeline will carry.

But Enbridge says the two react the same way once spilled.

However, documents obtained under access-to-information show a scientist at the Department of Fisheries and Oceans argued vigorously for a chance to do more research.

Kenneth Lee submitted a research proposal last December saying the matter requires further study because Enbridge's plan had "strong limitations due to inaccurate inputs."

"The Northern Gateway pipeline proposal lacks key information on the chemical composition of the reference oils used in the hypothetical spill models," wrote Lee, head of DFO's Centre for Offshore Oil Gas and Energy Research.

Lee sought approval to conduct a series of studies through to 2015, when final tests on the "toxic effects of reference oils to marine species" would be completed.

That deadline suggests the results would come too late for the Northern Gateway review panel as it reviews the environmental impact of the pipeline.

Its hearings end next April and the panel reports back to the government by the end of next year. THE CANADIAN PRESS

A soaking-wet Kayak for a Cure participant laughs after her kayak tipped as it docked at Jericho Beach. ELIZABETH HAMES/FOR METRO

Kayak for a Cure — that's a paddlin'

Goal. Campaign aims to raise $40,000 this year for cancer-care centre InspireHealth

ELIZABETH HAMES
vancouver@metronews.ca

Hope floated across Jericho Beach on Sunday as more than 40 kayakers paddled across English Bay to raise money for cancer treatment.

All donations from Kayak for a Cure Vancouver will go to InspireHealth, a private clinic that integrates alternative health practices, such as yoga and nutrition, with standard cancer care.

Kristi Richards — two-time Canadian Olympian and event participant — kayaked alongside her father, who is a patient at InspireHealth.

"It was on his bucket list to get in a kayak this year," she said.

"To be able to share this moment with him and to be able to share this moment with all of these people that are here, it's so inspiring."

It was the freestyle skier's first time in a kayak, but she said it was smooth sailing across the bay.

"My biggest struggle was trying not to be competitive with myself, trying not to power through the water and just take a breath and enjoy the paddle for what it is and enjoy being there with my dad," she said.

Kayak for a Cure has raised money for cancer for seven years, but this is only the second year the event has garnered donations for InspireHealth. Previously, the money went to the Canadian Cancer Society.

In 2011, paddlers raised $50,000 for InspireHealth, but the cancer-care centre has lowered its goal this year to $40,000.

Kayak for a Cure will accept donations until the end of September.

For more information on how to sponsor a paddler, visit kayakforacure.org.

1 NEWS

Mobile news

A frighteningly smart bird has figured out how to use bread as bait to catch fish. Scan the code to see why this cold, calculating critter has the world on edge.

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A Hip time at Squamish

The third-annual Live At Squamish outdoor music festival rocked the Logger Sports and Hendrickson Fields for three nights this weekend, welcoming The Tragically Hip, City and Colour, The Sheepdogs and other acts. For more photos, go to metronews.ca/vancouver

JENNIFER GAUTHIER/FOR METRO

1 Tragic hero.

Gord Downie and The Tragically Hip were the headliners on Saturday night.

2 Weighty Ghost writer.

Paul Murphy and the Halifax band Wintersleep performed several songs, including their biggest hit, Weighty Ghost.

3 Slip, slop and slide.

Metro's slip-and-slide returned to the festival for a second year, offering a fun and slippery way to beat the heat.

4 Return of the hair band.

Ewan Currie and the Saskatoon band The Sheepdogs rocked the stage on Saturday.

5 Electropop therapy.

Lights, née Valerie Anne Poxleitner of Toronto, gave the audience a jolt with her electro hits on Saturday.

6 Hip, hip hooray.

An eager crowd welcomed the acts on Saturday.

Fighting to keep Kitsilano Coast Guard base open

Rally. Feds urged to reverse decision to close lifeboat station and three other B.C. communications centres

Dozens of demonstrators, elected officials and union members rallied outside the Kitsilano Coast Guard base on Saturday, urging the federal government once again to reverse its decision to shut down the base.

Among the crowd were B.C. NDP Leader Adrian Dix, New Democrat MP Fin Donnelly, Liberal MP Joyce Murray, and local politicians such as Vancouver city councillor Kerry Jang.

"If the prime minister changes his mind — Prime Minister Harper, whoever they send out — I will be the first within five minutes to publicly praise him for doing it," Dix told the crowd.

The Vancouver base is the busiest coast guard base in Canada and responds to more than 350 calls a year. It has responded to 226 calls so far this year, said Dave Clark, a spokesman for the Union of Canadian Transportation Employees, which represents coast guard members.

Local fisherman Mark Shearer says the Kitsilano base's proximity to Vancouver-area waters makes all the difference when it comes to helping those who are in trouble.

"I see people who can't paddle, it's not just power boats that get into trouble," he said.

"I've seen them wash up on shore and they don't know how to get in and around the buoys because it's very shallow right here.... I just can't imagine without having this coast guard (base) here, I think it's terrible."

The planned closure of the Kitsilano lifeboat station, as well as three other B.C. Coast Guard communications centres, was announced by the Department of Fisheries and Oceans in May as a result of budget cuts.

But Fisheries Minister Keith Ashfield said a $100,000-funding boost to the Royal Canadian Marine Search and Rescue, a new inshore rescue-boat station, and a new hovercraft stationed at Sea Island in Richmond, will be enough to keep mariners safe. THE CANADIAN PRESS

The Kitsilano Coast Guard station is expected to be shut down next spring. MATT KIELTYKA/METRO FILE

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Ruskin. Mill east of Maple Ridge destroyed by fire

Authorities are investigating after a fire burned down the Waldun Forest Products mill in Ruskin, just east of Maple Ridge.

Assistant Chief Mark Smitton of the Maple Ridge Fire Department said the first calls about the blaze came in just after midnight Sunday.

He says there was a security guard at the mill when the fire broke out, but the guard was not in the building.

About 30 firefighters helped put the flames out.

The mill's owner, Kirk Nagy, says the operation employs about 60 people and primarily manufactures cedar shakes for housing. Nagy says now he's looking for short-term production facilities to help fill his orders. THE CANADIAN PRESS

Saanich fundraiser

Arrest in theft of charity gift basket

A Saanich man was arrested for allegedly stealing a charity gift basket from a Cops For Cancer fundraiser over the weekend.

As volunteers set up for Friday's Tour de Rock event, the 36-year-old suspect allegedly sneaked in through the back door of the Pearkes Recreation Centre and snatched the basket containing nearly $180 worth of hair products.

The suspect was released on the condition he stay away from Pearkes. He is due to appear in court Oct. 10. ELIZABETH HAMES/FOR METRO

'Supplemental sailings'

BC Ferries to trim round trips

BC Ferries will cut 98 round trips from major routes between October and March over four years, saving $4 million.

Spokesperson Deborah Marshall said impacted trips are "supplemental sailings" while regular odd-hour service will remain in place. The Tsawwassen-Swartz Bay route will see 32 fewer round trips and Horseshoe Bay-Departure Bay will lose 18.

Marshall said the ferry operator initially considered cutting 200 round trips. ELIZABETH HAMES/FOR METRO

Tough Angels cruise to win in lingerie football debut

A running start. Home team wallops Regina Rage 41-18 in league's season opener

PHYLICIA TORREVILLAS
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The B.C. Angels' Stephanie Manou gets tackled by the Regina Rage's Cydney Froelich as the Rage's Andrea Stengler, left, and Kylie Rossler look on during the season opener of the Lingerie Football League Canada in Abbotsford on Saturday. JONATHAN HAYWARD/THE CANADIAN PRESS

Stephanie Manou knew when she carried the football into the end zone that the B.C. Angels are here to stay.

The Angels crushed the Regina Rage 41-18 during the season opener of the Lingerie Football League Canada in Abbotsford Saturday.

The running back said after all the controversy and criticism surrounding the league, it was all worth it to see a few thousand people cheering them on.

"We have had more good than bad and (Saturday) night just proved that we had so many fans and so many people who wanted to give our team and this league a chance, to see what we had to offer," Manou said Sunday. "To hear the cheers from the crowd is just fantastic."

Scoring the first touchdown in the first LFL Canada game was a moment Manou said she will never forget.

"I also got to be the first player to walk out for the team and swing the Canadian flag and I had goosebumps the entire time," the Vancouver resident added.

During the meet-and-greet, Manou said people told them how blown away they were about the hits and the athleticism the team displayed.

"Nobody believed that we could hit so hard, and we had girls flying," she said.

The B.C. Angels will face off against the Saskatoon Sirens Saturday, while the next home game will be on Sept. 29 versus the Toronto Triumph.

"Don't judge until you come to see a game," Manou said. "You really will be blown away. The atmosphere alone is worth coming out to see."

COLUMNIST PAUL SULLIVAN'S TAKE ON THE LINGERIE FASCINATION, PAGE 14.

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Massacre. Mass burials held in Damascus suburb

Dozens of bloodied bodies were buried Sunday in mass graves in a Damascus suburb where activists claim more than 300 people have been killed over the past week in a major government offensive to take back control of rebel-held areas in and around the Syrian capital.

The British-based activist group Syrian Observatory for Human Rights said 32 more dead bodies were found in the streets of Daraya on Sunday and that they had been killed by "gunfire and summary executions." It put the toll for the past week as at least 320.

President Bashar Assad, in comments carried by state media, reiterated his long-standing claim that a foreign plot was behind the uprising against his rule and said he would not allow it to succeed "whatever the price might be."

THE ASSOCIATED PRESS

Drawdown

NATO closes bases in Afghanistan

NATO has closed more than 200 bases in Afghanistan and transferred nearly 300 others to local forces, a concrete step toward its 2014 target of handing over security responsibility, NATO officers said Sunday.

All 202 closed facilities were small, ranging from isolated checkpoints to bases of a dozen to 300 soldiers. THE ASSOCIATED PRESS

Israeli Embassy attack

Egyptian court convicts 76

A Cairo court has convicted 76 Egyptians on charges linked to last year's attack by protesters on the Israeli Embassy.

Seventy-five of the defendants received suspended one-year sentences Sunday, while one defendant tried in absentia was given a five-year prison term.

THE ASSOCIATED PRESS

Clockwise from top left: Syrian rebel fighters Amir Hajji, 20, Mohammed Abu Razouk, 27, Badir Farouh, 17, and Mohammed Sami, 22. THE ASSOCIATED PRESS

The lives Syrian rebels left to fight Assad's rule

Civil war. The mixed bunch includes butchers, barbers, construction workers and university students

Rebels fighting a civil war they hope will end Syrian President Bashar Assad's authoritarian rule are a combination of army defectors, Islamists, intellectuals, labourers and other ordinary people.

Mohammed Sami, 22, said he sold vegetables and worked in a grocery store in a small town in northern Syria before persuading his father to invest in his dream: a barber shop.

After the uprising started, he said they hung a revolutionary flag on the wall. When soldiers raided the village, Sami said they set his and his friend's business on fire.

Bader Farouh, 17, said he got arrested soon after catching the revolutionary bug. The second time police caught him at a protest, he said they hung him naked on a wall for more beatings. Afterward, he said his father took him to the head of a local rebel brigade and told him: "Take him and treat him like one of your sons."

Ahmed al-Saleh, 22, said he wanted to go to university after he graduated from high school but didn't have the money to pay for it or the grades to get the government to do so. So, he said he joined the police and stamped passports at an isolated border crossing with Turkey.

Before he joined the rebels, he said they supported it "in his heart" but kept quiet.

THE ASSOCIATED PRESS

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Pussy Riot. Two members flee Russia to escape same fate as bandmates

Two members of the punk band Pussy Riot have fled Russia to avoid prosecution for a protest against Vladimir Putin that sent three of their band mates to prison, the group said Sunday.

Five members of the feminist group took part in a provocative performance inside Moscow's main cathedral in February to protest the Russian leader's rule and his cozy relationship with the Orthodox Church. The women wore their trademark garishly colored balaclavas, which made it difficult for police to identify them, and only three were arrested. THE ASSOCIATED PRESS

A supporter of the Russian female punk band Pussy Riot at a protest outside the Russian consulate in Toronto on Aug. 17. MICHELLE SIU/THE CANDIAN PRESS

Venezuela

Explosion at oil refinery kills dozens

Venezuelans who live next to the country's biggest oil refinery said they smelled a strong odour of sulfur hours before a gas leak ignited in an explosion that killed at least 39 people and injured more than 80. The Amuay refinery was still burning on Sunday more than a day after the blast. THE ASSOCIATED PRESS

Spain

Wildfires continue to wreak havoc

Two wildfires in southern Spain forced the evacuation of around 1,000 residents, making this the worst summer in a decade for countryside devoured by flames, authorities said Sunday. This year, Spain has lost 149,300 hectares of forest and countryside in more than 11,650 wildfires. THE ASSOCIATED PRESS

Togo. Women urged to go on sex strike to oust president

The female wing of a civil rights group is urging women in Togo to stage a week-long sex strike to demand the resignation of the country's president.

Women are being asked to start withholding sex from their husbands or partners as of Monday, said Isabelle Amegan-vi, leader of the women's wing of the group Let's Save Togo. She said the strike will put pressure on Togo's men to take action against President Faure Gnassingbe. THE ASSOCIATED PRESS

South Carolina Gov. Nikki Haley stands behind the podium in front of a picture display of Neil Armstrong, the first man to walk on the moon, in the Tampa Bay Times Forum at the Republican National Convention in Tampa, Fla., on Sunday. Armstrong died Saturday. DAVID GOLDMAN/THE ASSOCIATED PRESS

First man on the moon dead at 82

Neil Armstrong. 600 million sets of eyes were fixed on astronaut during 1969 moon landing

When man first harnessed fire, no one recorded it. When the Wright Brothers showed man could fly, only a handful of people witnessed it. But when Neil Armstrong took that first small step on the moon in July 1969, an entire globe watched in grainy black-and-white from a quarter million miles away.

Although more than half of the world's population wasn't alive then, it was an event that changed and expanded the globe.

His first words after the feat are etched in history books and the memories of the spellbound millions who heard them in a live broadcast.

"That's one small step for man, one giant leap for mankind," Armstrong said.

Armstrong, who had bypass surgery earlier this month, died Saturday at age 82 from what his family said were complications of heart procedures.

"It's a human achievement that will be remembered forever," said John Logsdon, professor emeritus of space policy at George Washington University. Those first steps in 1969 were beamed to nearly every country around the world, thanks to a recently launched satellite. It was truly the first global mass media event, Logsdon said. An estimated 600 million people — one out of every five on the planet — watched. THE ASSOCIATED PRESS

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Ruling party, opposition thick as thieves: Protesters

Corruption. Police fire tear gas, water cannons as activists break through barricades to PM's home in New Delhi

Indian police detained scores of anti-corruption activists who tried to march Sunday to the homes of top political leaders to protest a scandal over the government's sale of coal fields without competitive bidding.

Hundreds of activists lay down on the road outside the homes of Prime Minister Manmohan Singh and other leaders in central New Delhi as police held them back with security barricades. They later broke through police cordons at many places, and police responded by firing tear gas and water cannons.

Quoted

"Our protest today was to tell the country how congress and the BJP are hand-in-glove in looting the country."

Arvind Kejriwal, protest leader

Officers dragged protesters to buses parked near the prime minister's house and took them to nearby police stations. Police also used bamboo batons to beat back protesters who had climbed over a barricade near the prime minister's office complex.

The protesters, members of India Against Corruption, said they would blockade the homes of leaders of both the ruling Congress party and the main opposition Bharatiya Janata Party because they blame both parties for India's endemic corruption.

THE ASSOCIATED PRESS

An anti-corruption protester is arrested during a demonstration in New Delhi. PANKAJ NANGIA/THE ASSOCIATED PRESS

Cystic fibrosis

Lung cells grown in lab

Researchers have produced lung cells in the lab using stem cells grown from the skin of patients with cystic fibrosis — a tool they believe can be used to test drugs that might overcome the debilitating, life-shortening condition.

THE CANADIAN PRESS

Southwestern Ontario

Plane crash victims identified

Four young people who died in a plane crash Friday in southwestern Ontario have been identified.

Ontario Provincial Police say the plane's pilot was Marko Misic, 20, and the three passengers were Mohammed Shahnawaz Zia, 23, and Wasay Rizwan, 27, and Victoria Margaret Luk, 19. THE CANADIAN PRESS

The power of the Holi spirit

People throw coloured powder into the air during the Holi Festival in Dresden, Germany, Sunday. The original Holi, also known as the festival of colours, is a festival celebrated in India and other Hindu countries. JOERN HAUFE/DAPD/THE ASSOCIATED PRESS

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U.S. woman becomes pro-Palestinian symbol

Civil lawsuit. Couple looking for justice after their daughter was crushed by an Israeli tank back in 2003

Craig and Cynthia Corrie display a photo of their daughter at a news conference outside the Capitol in Washington in March 2003. The Corries lost their daughter, Rachel, shown in a photo in the background, when she was killed by an Israeli bulldozer while trying to block demolition of a Palestinian residence in Gaza. LAWRENCE JACKSON/THE ASSOCIATED PRESS FILE

Almost a decade after their daughter was crushed to death by an Israeli army bulldozer as she tried to block its path in a Gaza Strip conflict zone, Rachel Corrie's parents are preparing for a judge's ruling in their high-profile civil lawsuit against the military.

They hope Tuesday's court decision will conclude a case that's turned their daughter into a rallying cry for pro-Palestinian activists, taken years of their life and drained their savings.

"We are here with a great deal of anticipation for Tuesday," said Corrie's mother, Cindy, 64, a homemaker and musician from Olympia, Washington. "We are hoping for some accountability here for what happened to Rachel."

Corrie, a pro-Palestinian activist, was 23 when she was killed in March 2003 while she and other activists sought to block an Israeli military bulldozer they believed was about to demolish Palestinian homes. The driver has said he didn't see Corrie, and the death was accidental.

The Israeli army had been undertaking systematic house demolitions in the densely populated border area, trying to halt shooting and mortar attacks against soldiers and Jewish settlers who used the route.

While several foreign activists were killed or wounded in confrontations with the Israeli military during the last decade, Corrie's case has taken on special meaning for Palestinian activists; she became a symbol of what they say is Israel's harsh repression of non-violent protest to occupation.

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Rock the Veto: Musicians on banning politicians from using music

Romney rebuffed. Silversun Pickups most recent band to make a statement asking a politician not to use their song

PAT HEALY
Metro World News in Boston

The last week and a half has seen a number of musicians publicly complaining about their involuntary association with politicians.

Responses have been uniformly biting and mostly funny. Recently, the Silversun Pickups issued a statement to the Republican presumptive nominee for the U.S. presidency Mitt Romney about the inappropriate use of their song Panic Switch.

"We don't like people going behind our backs, using our music without asking, and we don't like the Romney campaign," wrote singer Brian Aubert.

"We're nice, approachable people. We won't bite. Unless you're Mitt Romney!"

Earlier in the month, Tom Morello of Rage Against the Machine wrote an open letter via Rolling Stone to Romney's running mate Paul Ryan, who said Rage was one of his favorite bands.

"Paul Ryan's love of Rage Against the Machine is amusing," wrote Morello, "because he is the embodiment of the machine that our music has been raging against for two decades."

And just last Tuesday, Dee Snider of Twisted Sister asked Ryan to stop playing his band's We're Not Gonna Take It. "There is almost nothing on which I agree with Paul Ryan," Snider told a reporter, "except perhaps the use of the P90X."

Tom Morello GETTY IMAGES

Would you allow your music to be used by a politician?

"I guess we'd have to wait until we were asked to know. My guess is no. I mean, I would obviously support Obama over Romney, but it's not like Obama's not total crap too. The state of politics in America is just awful, so I don't know. Probably not, but maybe." Alex Scally of Beach House

We're not gonna take it

Musicians who deny candidates from using their music is not a new thing.

- In the 1964 presidential campaign, Republican candidate Barry Goldwater wanted to use Hello Dolly and change the words to Hello Barry. Upon learning that the song was being appropriated for rallies, the show's producer, David Merrick, an outspoken Democrat, reportedly approached the campaign and said they were violating copyright law. Word got out to the campaign of Goldwater's opponent, Lyndon Johnson, and they tapped Carol Channing, who was playing the lead in Dolly, to record Hello Lyndon. No one complained.

Bruce Springsteen GETTY IMAGES

Ronald Reagan GETTY IMAGES

- In 1984, when Ronald Reagan mentioned Bruce Springsteen in a speech, the musician was very quick to publicly distance himself from the president.
- In 1988, when George Bush ran for president, he used Bobby McFerrin's hit Don't Worry, Be Happy, and quickly received a cease and desist.
- In 1996, Bob Dole tried to pull a Hello Dolly and turn Sam and Dave's Soul Man into Dole Man. The publisher of the song threatened to sue.
- Tom Petty sent George W. Bush a cease and desist order for using I Won't Back Down in his campaign in 2000. Petty later performed the song at the house of Al Gore after he gave his concession speech when Bush was determined the winner of the election.
- In 2008, John McCain's music choices seemed humorously self-aware, employing ABBA's Take a Chance on Me and Jackson Browne's Running on Empty. But the musicians weren't exactly in on the joke, and in the only instance of a presidential candidate being sued by a musician, a California District Court ruled in favour of Browne, forcing McCain to pay up. McCain also unsuccessfully tried to use songs by Heart, Foo Fighters, Van Halen and John Mellencamp.
- Republicans aren't the only ones to get in trouble for their music choices. In 2008, when Barack Obama used Sam and Dave's soul classic, Hold On, I'm Coming at appearances, singer Sam Moore asked Obama to stop. The singer didn't endorse Obama, but said, "It is thrilling... to see that our country has matured to the place where it is no longer an impossibility for a man of colour to really be considered as a legitimate candidate for the highest office."

Would you allow your music to be used by a politician?

"If it was a right-wing candidate, like if it was a Republican, we'd ask for a giant amount of money, probably like $10 million. If it was like a cornball, but slightly less bad candidate like Obama or whoever ... we'd ask for probably $1 million." Heems of Das Racist

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Murdoch sending message in running naked Harry photos?

'Mooning the Establishment'. Reports suggest scandal-plagued mogul may be pushing back on press freedom by challenging royals

By letting his top-selling U.K. tabloid run photos of a naked Prince Harry cavorting in a Las Vegas hotel room, some say media mogul Rupert Murdoch was warning Britain's establishment that he could still shake things up.

British officialdom has largely turned its back on Murdoch because of the phone-hacking scandal that has badly tainted his media empire over the past year.

So even though Murdoch's The Sun newspaper framed its decision to publish the nude pictures as a defence of press freedom, some observers saw the move as a feisty message from the tycoon.

"Not only was The Sun showing Harry's bottom, Murdoch was mooning the Establishment," said journalist Jane Merrick, whose article in The Independent on Sunday alleged that Murdoch personally ordered the paper to run the photos in a phone call with Tom Mockridge, the chief of his British newspaper unit, News International.

Murdoch, once assiduously courted by lawmakers across the British political spectrum, has seen his clout wither after his company was exposed as having hacked into the phones of hundreds of people to score scoops.

Allegations of bribery, corruption, computer hacking, and obstruction of justice are being investigated.

The scandal has prompted a judge-led media-ethics inquiry that could propose sweeping changes to how Britain's press is policed — potentially subjecting newspapers to government regulation.

If The Sun was cowed, it didn't show it Friday, when it published the pictures of Harry along with a lengthy public-interest justification claiming that the "photos have potential implications for the Prince's image representing Britain around the world."

THE ASSOCIATED PRESS

Prince Harry
THE ASSOCIATED PRESS

$1B. Apple verdict over Samsung may hurt competitors: Analysts

It was the $1-billion question: What does Apple's victory in an epic patent dispute over Samsung mean for the U.S. smartphone industry?

Many analysts said the decision could spell danger for competitors who, like Samsung, use Google's Android operating system to power their cellphones.

A loss to the Android-based market would represent a big hit for Google as well.

"I am sure this is going to put a damper on Android's growth," New York-based Isi Group analyst Brian Marshall said, "It hurts the franchise."

The Silicon Valley jury found that some of Samsung's products illegally copied features and designs exclusive to Apple's iPhone and iPad.

The verdict was narrowly tailored to only Samsung, which sold more than 22 million smartphones and tablets that Apple claimed used its technology.

But most other Apple competitors have used the Android system to produce similar technology, which could limit the features offered on all non-Apple phones, analysts said.

"The other makers are now scrambling" to find alternatives, said Rob Enderle, a leading technology analyst based in San Jose.

Seo Won-seok, a Seoul-based analyst at Korea Investment, said that the popular functions the jury said Samsung stole from Apple will be hard to replicate.

The companies could choose to pay Apple licensing fees for access to the technology or develop smarter technology to create similar features that don't violate the patent — at a cost likely to be passed onto consumers.

THE ASSOCIATED PRESS

Appeal planned

Samsung has vowed to appeal the verdict all the way to the U.S. Supreme Court.

- The company argues that Apple's patents for such "obvious" things as its products' rounded rectangle shape were wrongly granted.
- A Sept. 20 hearing is scheduled for the Samsung appeal.

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LINGERIE IS BUSTIN' OUT ALL OVER

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Holy bustier, Batman!

The entire Lower Mainland is being threatened by a lingerie invasion!

On Saturday, there was a brazen (hussy) attack on the Bible Belt. The first game in the Canadian Lingerie Football League took place in Abbotsford, where the B.C. Angels, clad in a ridiculous array of bras, panties, garters and shoulder pads, defeated the equally ridiculously pimped-up Regina Rage.

Not sure why they're called the Regina Rage. Maybe they're angry because they're forced to play in their underwear and be ogled by an arena full of leering morons.

Make that half-full. For some reason, there weren't enough leering morons to fill the Abbotsford Entertainment and Sports Complex on Saturday. Was there a demolition derby nearby?

If you think that was bad, lingerie is poised to infest ground zero, right here at the corner of Burrard and Robson. What was once the Vancouver Public Library, and then a Virgin megastore — complete with an inaugural visit from Sir Richard Branson — and then an HMV not-quite-as-mega store, is scheduled to become a Victoria's Secret megastore.

In case you're wondering, this is officially the end of Western civilization. What began as a shining temple of modern architecture and learning (the library) has degenerated into a thongateria, a place where bemused men shop for Valentine's Day. And birthdays. And Christmas. And anniversaries. Etc.

At the same time, lingerie is taking over the channels of communication as teddy-clad mistresses and fake housewives from West Vancouver dominate local programming. How long can it be before Gloria Macarenko turns up to do the six o'clock news on the Peoples' Network in a red velvet pushup bra? Or, even worse, Tony Parsons?

That could lead to the Mother of All Wardrobe Malfunctions. Anchors were meant to wear rep ties. Even the women, dammit.

I don't get it. What's the obsession with lingerie? There are now more lingerie stores in downtown Vancouver than bookstores, and I'm afraid the next time I pay a visit to the SFU Bookstore it will turn out to be the SFU Lingerie Store, where you can buy cap and garter to graduate from Naughty Nursing.

I hope this is just a passing fancy, er, pants, and that soon, everyone will wake up and realize they're surrounded by expensive frippery that's no good for football or reading the news.

I mean, why spend all that money on something that's just meant to come off right away?

Have I missed something here?

True Blood recipes

Cookbook stakes out vampire eats

True Blood fans can soon concoct their own blood-red beet bisque, crimson sweet tea and other Cajun delicacies inspired by the hit HBO vampire drama and compiled in a new cookbook.

True Blood is filmed partly in Louisiana and is set in the fictional Louisiana town of Bon Temps. The state's cuisine is often referenced in the series, where vampires and mortals mingle over bowls of okra gumbo, jambalaya, and red beans and rice.

The cookbook, True Blood: Eats, Drinks, and Bites from Bon Temps, was compiled by Cajun chef Marcelle Bienvenu and is being released in bookstores on Wednesday, shortly after Sunday's broadcast of the show's fifth-season finale.

"I'm going to be honest with you, I had never seen the show before they asked me to do this cookbook," said Bienvenu, a chef from the Cajun town of St. Martinville, La., who lived in New Orleans for several years and now teaches culinary arts at Nicholls State University in Thibodaux, La.

"I sat down and watched it with my notebook, and I was amazed how much food was mentioned in the series," she said. "It was fun making the recipes come to life. I think people are still mystified by south Louisiana food. There's still such a mystique about the food and culture here." THE ASSOCIATED PRESS

Horse-drawn boat, anyone?

GETTY IMAGES PHOTOS

Post-Olympic transport

Boat celebrates birthday in style

This was the first canal boat to be pulled through London, England, by a horse in 60 years. The Ilkeston barge was on its way to the London Canal Museum to mark its 100th birthday, after being restored to mint condition in the North of England. It was led there by Buddy, a 13-year-old Clydesdale horse, surely grateful this is no longer a common practice. METRO

Cheap price

344

The cost in pounds sterling (about $544) that the Ilkeston was sold for in 1945 when it finished its span as a cargo ship. Between then and its restoration, it was used as a "mud boat" for dredging the canal floor.

Horse jobs

- **Pit ponies.** Used to haul coal underground from the 18th century until 1971, often replacing child labour.
- **Hansom cab horses.** Fastest way to travel in the 19th century, they were extremely popular. Eventually replaced by taxis.
- **War horses.** Supplied cavalry units for thousands of years. Finally recognized by a 2011 Steven Spielberg film and hit play.

Kevin Darke steers The Ilkeston after it was restored by volunteers and trainees at the National Waterways Museum.

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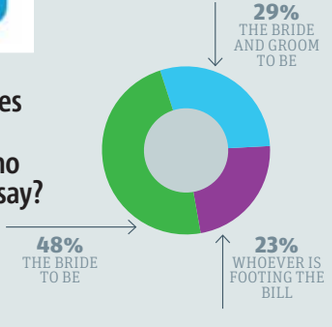
Survey results provided by Play Taxi Media

When it comes to wedding planning, who gets the last say?



Twitter

@geroysimon: I had an "ah ha"moment this morning! It's about to be a problem for some people in the coming weeks! Stay tuned

@ashleighmcivor: So proud of my Man @D6MERIT. #PORvVAN Man of the Match last night! Well deserved. #fighter

@AdrianMorrow: Good job on the bike lanes, Vancouver. You put Toronto to shame! #yyz #yvr

@Maria_Salvatore: Imagine living in Vancouver though. I'd set up a tent and basically live outside Supernatural's set.

@CanucksFIN: Just heard that Vancouver Canucks have the 3rd longest sell-out streak amongst NHL, NFL, MLB, and NBA - Canuck fans - you rock!

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SCENE 2

The odd (celebrity) couple

The engagement of Avril Lavigne and Chad Kroeger has shocked Sk8er Bois and wannabe rockstars alike. This is how they remind us of some other strange star couplings.

MICHELLE CASTILLO
Metro World News

Congratulations are in order for Canada's most famous couple that no one knew existed, Avril Lavigne and Chad Kroeger. Lavigne annoyed millions (all the way to the platinum-tinged bank) with her "punk" records and pop singles. Kroeger has drawn much criticism for his lead singer role in Nickleback — so much so that even he's joined in and jokingly lashed back at the hatred through tongue-in-cheek videos on Funny or Die and quips on Twitter.

The two surprised fans and enemies alike by getting engaged after six months of discretely dating while they were co-writing a song for Lavigne's fifth studio album.

But they're not the most shocking couple out there. Here's a couple more pairings that had us stunned.

Ben Affleck and Jennifer Lopez

He was raised in Boston. She grew up the Bronx. Somehow, these two managed to get together for what we are quite sure was a meaningful, not-long-lasting relationship. And, um, Gigli.

Woody Allen and Soon-Yi Previn

Though legally he wasn't her stepfather, Allen's relationship with Previn's adoptive mother, Mia Farrow, made the whole situation icky. It must be true love though: They've been together since 1992 and have two adopted daughters.

Lisa Marie Presley and Nicolas Cage

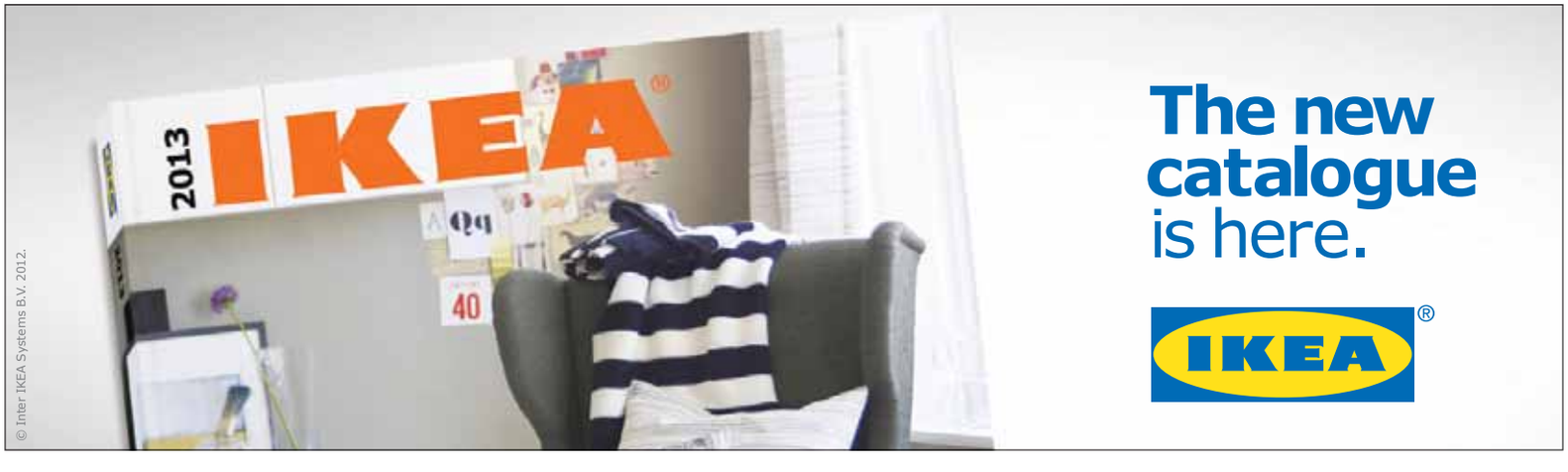
Gossip mills say that one of the main reasons Cage was attracted to the Presley daughter was because of his obsession with the King, which we're assuming would make for really awkward first date conversation.

Tom Cruise and Cher

Believe it or not, these two were together for a few months in the 1980s. Then again, it was the 1980s. A lot of things that shock us today weren't so surprising back then.

On the web

Lawyer for paparazzo charged in Bieber chase will fight Calif. law aimed at celebrity pursuits



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry.

Prince Harry gets public dressing down

Prince Harry is reportedly planning to make a public mea culpa for the naked photo scandal from his recent trip to Las Vegas, according to Radar Online.

"Harry regrets the embarrassment he has caused the royal family around the world and plans on apologizing for his antics," a source says. "He got a stern-telling off from his father, Prince Charles, as well as the Queen, who reminded him of his responsibilities as a member of the royal family. Even on vacation, the Prince has to realize that he is an ambassador for the country and should behave appropriately."

Madonna.

Madonna clears the air on Elton

Madonna apparently wants to smooth things over with Elton John, who denounced the singer as a "fairground stripper" and said her career was "over" in a recent interview. Addressing a crowd at her recent concert in Nice, France, Madonna cleared the air.

"I forgive him. I know he's a big fan of mine. And you know? I forgive him. Got to start somewhere."

Of course, she then went into a rendition of Masterpiece, the track that won her a Golden Globe earlier this year over John's Hello Hello.

Twitter

@MillaJovovich
So we hit 1 mill! How cool! So now its contest time!!! let the games begin and "may the odds be EVER in your favour"

@peeweeherman
Goodbye, Neil Armstrong - courageous pioneer and hero.

@ActuallyNPH
I'm co-producing a terrifying interactive horror play in a 107yr old mansion in L.A!

@kathynajimy
wow, thanx. woke up 2 GAGGLE o new shiny followers! what gives? did U finally find the yams & george michael cds i been putting under your pillows?

The Word

Katy Perry and John Mayer expire

THE WORD
Dorothy Robinson
scene@metronews.ca

Katy Perry has joined the surprisingly long list of hot, talented women to be dumped by John Mayer.

After two months, Mayer — who has also dated Jennifer Aniston, Jessica Simpson and Taylor Swift — called things off with the singer late last week, according to RadarOnline.

Unlike the rest of us, Perry apparently thought Mayer had grown up since his days of bragging about his A-list sex life in Playboy.

"Katy fell hook, line and sinker for John, so when he broke it off she was ultimately surprised and incredibly embarrassed," a source tells the site.

"She's ashamed that she got played. It was the classic ladies man move — he added another notch on his bedpost. He charmed Katy, got what he wanted and moved on."

Katy, don't be embarrassed that you got played by a sleazy guy – be embarrassed that you got played by the guy who wrote Your Body is a Wonderland.

The spawn of Snooki born — signalling arrival of the apocalypse

Jersey Shore star Nicole Snooki Polizzi gave birth to a baby boy over the weekend in Livingston, N.J., according to Us Weekly.

The boy, named Lorenzo, is the first child for Polizzi and her boyfriend of two years, Jionni LaValle.

"The world just got another Guido! Lorenzo Dominic LaValle has entered the world weighing six pounds, five ounces. Nicole, Jionni and Enzo are doing great!" her rep tells the magazine.

Snooki

ALL PHOTOS GETTY IMAGES

Anna Faris.

Faris and Pratt become parents

Actress Anna Faris and husband Chris Pratt became parents this weekend when Faris, of Scary Movie and Lost in Translation fame, gave birth to their first child, a boy named Jack, according to Us Weekly.

The baby "arrived earlier than expected and will be spending some time in the NICU," a representative for Faris says.

"The happy parents thank you for your warm wishes and ask that you honor their privacy at this time."

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LIFE 3

Parents' back to school 101: Letting them go

Parenting. Don't let your nerves take over as your little ones board that school bus

MEREDITH ENGEL
Metro World News in New York City

Acknowledging that you're nervous about your child heading off to school is the first step to feeling better. ISTOCK

Pop quiz: Who's more nervous about starting school this year, you or your child?

If it's you, "it's a very normal response to have," says Matthew Stevenson, a child and family therapist in Philadelphia.

We asked him how parents can send their little ones off to school without letting their nerves take over.

Why does this anxiety happen?

It usually happens the first couple of times that a parent leaves their child alone, even for a couple hours. It's a natural thing to be worried about the person that you brought into the world, that you're responsible for, if you're not there when you are there typically. Particularly the stay-at-home parents, for them to be with this person 24/7 for five years and then to have them go off alone, that can cause a lot of stress. And it's a very normal thing to experience that stress. They're worried about their kid because they know they can keep their child safe. They've been doing it for five years, and now they're giving that responsibility to somebody else. It's hard to let go of that control. Where it can potentially become a problem is if that stress is being picked up by the child.

How can parents feel better?

Acknowledge it. The parent needs to realize that this is something they're concerned about — that's step one. Once they're able to acknowledge that, understand that it's a pretty normal anxiety to have. Step two is that it's important for parents to realize that they need to let their child go. That's part of the growth of their child, to have that independence and be able to function and do well without having the parent present all the time. Part of being a good parent is having your child thrive when you're not around. Then once you are able to let your child go to school, it's important to keep yourself occupied during those times. Have activities, do errands that are a lot easier to do without a child. Join classes, go to the gym — anything that would distract you so before you know it, it's time to pick up your little one.

When is this a problem that needs some extra help?

If the parent is going to school to watch their kid at recess, that would be not healthy. I think calling the school multiple times during the day to make sure that their child is OK, that would not be healthy. Showing that you're so upset, and your child picks up on that and then doesn't want to go to school, that's where it becomes a big issue. If you're able to hide your anxiety from your child, and they still enjoy going to school, it's not as much of a problem. But if it's affecting the entire family, then at that point it's probably good to seek help from a therapist.

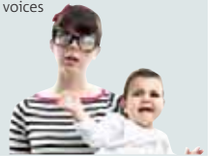
On the Web

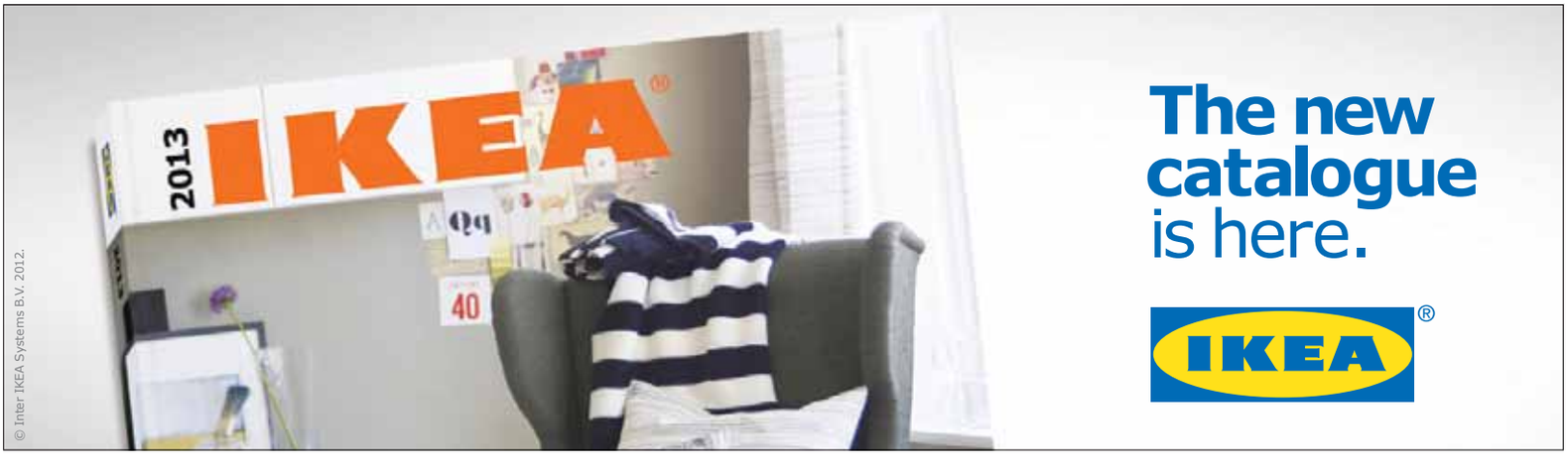
Reason Mommy Drinks #73: Crippling paranoia when you're not around. Scan this code to find out why.

On the web

metronews.ca

- **Babysitter issues.** Is the babysitter playing with baby or playing FarmVille? Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks at metronews.ca/voices





Calm before the dorm: A parent's prep guide

Master of the move.
What parents need to know about settling your student into their new home

TIFFANY KANG
life@metronews.ca

With a little planning, the big move can be a fun day. ISTOCK

After a last-minute trip to Bed Bath & Beyond for the crucial shower caddy and extra-long bed sheets, your college freshman should be good to go. But, let's face it — are you, the parent, equally prepared?

This bittersweet battle starts well before arriving home to your child's empty bedroom.

It begins, in fact, on move-in day — the pinnacle of your parenting career up until this point.

Here's what experts have to say about making the right moves for move-in.

Know less is more, especially at first

"Initially, bring 100 per cent of what's needed, but not 100 per cent of what's wanted," says Marc Wais, NYU's vice president for student affairs. "Be Spartan and minimalist. Save the rest for shipping afterwards. It'll prevent heart attacks in 100 degree weather." This is especially important for city navigation, where "urban campuses are normally vertical, rather than sprawled for easy movement," he notes.

Keep an eye on the clock

"There will be some point in time when the university wants you to say goodbye," Wais cautions. "Don't hang around — it often embarrasses students and prevents them from forging their own beginnings." Colleges plan orientations carefully, "so be thoughtful by following the schedule as programmed."

Expect peace, not pandemonium

Marie Carr, author of The Prepared Parent's Operational Manual: Sending Your Child to College, is a veteran move-in mom and reminds us that no one is as prepared as the college's staff. "You'll meet panels of experienced parents as well as teams of resident advisers, students and staff more than willing to guide you," she says. "There may even be city police directing traffic, and there will certainly be adequate free parking. Universities go out of their way for you."

Space notes

"Students should communicate clearly with roommates to find out who's bringing what," says Wais. "You don't want two of anything if you only need one, especially in a small room." Meanwhile, save space by keeping it simple in the gadget department. "Computers can be DVD players. Cell phones can act as alarm clocks," notes Carr. "Simplify for the situation."

Smile for the photograph

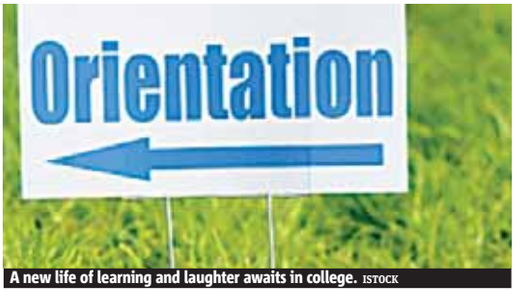
After a day of waiting for elevators and wrestling with packing tape, you probably won't be feeling photogenic. But before you leave, remember to snap pictures of that first day — the cap-and-gown portrait will be here before you know it.

Pro packer

"Initially, bring 100 per cent of what's needed, but not 100 per cent of what's wanted."

Marc Wais
Vice-president for student affairs at New York University

Start fresh with frosh.
Make sure not to waste that first week of freedom



A new life of learning and laughter awaits in college. ISTOCK

For new students across the country, frosh week is an orientation to university or college life and an introduction to ideas that could potentially shape your view of the world. To make your first week on campus a memorable one, follow these simple tips:

Visit the campus

No one has ever gotten acquainted with their classes, campus, or colleagues by staying in bed. Tempting as it may be to sleep in and stretch summer by another precious week, get up and physically go to school — whether or not you have a class. Even just hanging around campus with a newspaper and a coffee will give you an idea of who your classmates are and where the hot spots are located.

Try something new

During the first few weeks of the school year, most student clubs, groups, and teams set up booths to recruit new members. You may find groups for environmental activism, ultimate frisbee, or identifying with your cultural roots. Exploring student clubs and getting involved in extra-curricular activities is a great way to meet new people and help you discover what is important to you as a person.

Remember the big picture

Keep things in perspective and remember how fortunate you are to have the opportunity to gain a higher education. Youth in developing countries may have to drop out of school at an early age to support their families. Add depth and meaning to frosh week by getting involved with campus fundraisers. You'll make friends with people who share your passions while raising money for organizations like Christian Children's Fund of Canada (ccfcanada.ca), which helps provide an education for children and youth living in poverty. NEWS CANADA

Work hard, play hard

Make the most of your newfound freedom.

- Stay out late, talk to everyone you meet, and ask a lot of questions. This is a fresh start, so leave the high school drama behind and have fun.

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Turn tonight's dinner into tomorrow's unique lunch

The best dinners are those that not only are delicious in their own right, but that also leave leftovers that can be reworked into lunch the next day.

This recipe for grilled hoisin pork tenderloin is perfect. The dinner itself is simple: Just toss the marinated tenderloin on the grill along with a few vegetables and it's good to go.

The next day, turn the leftover pork into barbecue pulled pork by pulling it apart and mixing it with barbecue sauce. It can be eaten on a bun or in a wrap. It also can be served warm or cold.

Grilled Hoisin Pork Tenderloin With Cumin Onions

This recipe makes enough for four dinners and two lunches. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 9.4-oz jar hoisin sauce
- 1 cup red wine
- 1/4 cup soy sauce
- 4 cloves garlic, minced
- 1 tsp hot sauce
- 2-lbs pork tenderloins
- 5 large yellow onions
- 2 tbsp olive oil
- Kosher salt and ground black pepper
- 1 tbsp whole cumin seeds

1. In large zip-close plastic bag, combine hoisin, wine, soy sauce, garlic and hot sauce. Seal bag and gently shake to mix well. Add pork tenderloin — then close bag and gently turn to ensure the meat is well coated. Refrigerate for at least two hours and up to 24 hours.

2. Trim ends from onions, then peel off outer layer of skin. Place onions in a second large zip-close plastic bag; add olive oil, a bit of salt and pepper, and cumin seeds. Seal bag, gently shake to coat evenly. Refrigerate until ready to grill meat.

3. When ready to cook, heat one side of the grill to medium-high, the other side to low.

4. Using oil-soaked paper towel held with tongs, oil the grill grates. Add whole onions to cooler side of grill. Grill, covered, for 5 minutes. Turn onions, then add pork to cooler side of grill. Grill pork for 6 minutes per side. Remove onions when very tender and meat when it is seared on outside and reaches 145 F at centre.

5. Transfer pork and onions to a platter and let the meat rest for 5 minutes. Thinly slice the pork and serve with an onion. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

One of the best parts of summer is sitting on a patio and sipping some delicious alcoholic beverages. Think twice before you order your next drink.

2 (8 oz) glasses of wine

400 calories
Summer, barbecues and alcohol go hand in hand. But watch the wine because two glasses of red or white contain a whopping 400 calories.

Equivalent

Two eight-ounce glasses of wine are equal in calories to 17 Italian style meatballs.

2 (8 oz) Pilsner beer

200 calories
With half the calories, enjoy your favourite beer instead of the wine. Remember not to drink your calories.

Steam these tasty pork dumplings to perfection

You may never have bought wontons as a raw ingredient, but if you've ever had fried egg rolls or steamed dumplings in your Asian take-out, you've eaten them.

Because wonton skins essentially are vehicles for containing other ingredients, their strength is their versatility. They can be filled with just about anything, from ground or chopped meat and vegetables, to cheese .

You'll find wontons in virtually every grocer, usually in the produce section next to the tofu and other Asian ingredients.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

Dumplings
- 1 egg
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tsp hot sauce
- 1 lb ground pork
- 1/2 cup finely grated carrots
- 4 finely chopped scallions
- 1/4 cup chopped cilantro
- 8-oz can water chestnuts, finely chopped
- 12-oz package 3-inch square wonton wrappers

Dipping sauce
- 3 tbsp toasted sesame oil
- 2 tbsp rice vinegar
- 2 tbsp soy sauce
- 1 tbsp chopped cilantro
- 1 tsp sugar
- Pinch red pepper flakes

1. In a large bowl, whisk together the egg, hoisin, soy sauce, sesame oil and hot sauce. Add the pork, carrots, scallions, cilantro and water chestnuts, then mix well.

2. One at a time, place one tablespoon of the pork mixture in the centre of each wonton. Dunk your fingers in water, then use them to wet the edges of the wrapper. Gather the edges of the wrapper over the filling, pinching them together to form a small purse. Repeat with the remaining filling and wrappers.

3. In a large sauté pan, bring about one inch of water to a boil. Set a bamboo or other steamer basket over the water, then lightly coat it with cooking spray.

4. Working in batches if necessary, arrange the dumplings in the steamer (they should not touch), then cover and steam for 15 minutes.

5. Meanwhile, prepare the dipping sauce. In a small bowl, whisk together all ingredients. Serve the dumplings hot with the dipping sauce. THE ASSOCIATED PRESS

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Get to know a warrior at work

Survivor's success. Glori Meldrum is a businesswoman determined to give something back

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

"I think I want to start my own company".

Glori Meldrum sat across the dinner table from her husband and weighed her options.

Having just moved from New Brunswick to Edmonton, the bachelor of commerce grad was working as a promotions director at a radio station and was making $27,000 a year.

They looked at each other and knew the answer was clear.

"Let's do it".

Today, Glori owns two companies, g (squared) and trafik interactive and is a proud wife and mother of three children including a five-year-old boy she adopted from Ethiopia.

Meldrum is also giving back.

As a survivor of child abuse she is raising money to build Little Warriors Be Brave Ranch.

"In most major markets there are two to three facilities for sex offenders but not for kids.

"My dream is to build a spiritual oasis where a neglected survivor can be given the tools they need to heal their body and spirit and mind.

"It's not about money. It's about having a loving, balanced, happy life and being of service to others. It's that simple."

Glori's guide to life

Keys to success:

- Have vision and execute.
- Be true to yourself, employees and clients. Then the right team and clients will be built around you.
- Always act from a place of love. Even if I have to let an employee or client go, I do it from a point of authenticity and love.
- People are your most valuable asset. Hire people that reflect your own values to create a good team.
- Remember that fear only exists in your mind. If I'm scared of something I force myself and get in and get it done. I just do it.
- **littlewarriors.ca**

Businesswoman, humanitarian and survivor, Glori Meldrum / PROVIDED

Remove the fear from the first day

Breezing into the books. Don't assume your child isn't excited to embark on their scholastic life

LINDA CLARKE
life@metronews.ca

The first day at school isn't what it used to be. These days, by the time most children start formal education they're relatively comfortable with separation from the home and parent, says Jayne Singer, Ph.D., the clinical director of the Child and Parent Program at Boston Children's Hospital.

"Children who have had high-quality day care or preschool make a better transition to school both emotionally and socially," she says.

Still, even leaving a private play-based preschool to go to a public school is a big transition, and there's a lot parents can do to ease a child's stress with any environmental change. When it comes to easing anxiety, familiarity breeds comfort.

"Give the child guidance; show them pictures of their new classroom or school. A lot of schools have the good sense to hold open houses or have a welcome visit. Visit the school, visit the playground. Show them the classroom and where they will play. The sense of familiarity will ease anxiety."

"Also," adds Singer, "younger children do well with concrete reminders about the passage of time. Get a calendar and mark off the days until school starts. Turn it into a craft project. Say, make a flower and add a petal for each day."

One thing parents should watch for is transferring their anxiety. "Parents shouldn't assume a child is anxious or feels separation. Don't ask, 'Are you scared?' Let the child bring it up and if they do, say, 'Of course you are. I feel nervous when I do something new.'"

Parents should also get ready in advance

"Have a conversation with personnel at the school so you are prepared for the environment," says Singer. "The more parents know about the school, the more authentic they are in offering guidance to the child. Tell your child they will have a chance to play, they will have a place to draw and paint. Give them concrete examples of what is there. Give them a vision of the classroom as a kind and supportive place."

They're going to have to do their homework, and so should you! ISTOCK

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This study is being conducted by **Dr. Raymond Lam** at the **Mood Disorders Centre, UBC Hospital**

UBC
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Mood Disorders Centre

SPORTS 4

Lydia Ko kisses the Canadian Women's Open trophy on Sunday in Coquitlam, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Kiwi teen Ko wins Canadian Open at 15

Golf. New Zealand youth breaks record as youngest ever LPGA event winner

Lydia Ko is not going to the bank to cash a champion's cheque, but she still gets what many pro golfers do not yet have.

Recognition in the World Golf Hall of Fame.

The 15-year-old amateur made her mark in history Sunday as she became the youngest ever winner of an LPGA event by capturing the Canadian Women's Open title with a 5-under 67.

Since Ko is still an amateur, she could not collect the top prize of $300,000. But her glove will be displayed in the World Golf Hall of Fame.

"To have something that's mine to be up there, it's amazing, and it doesn't come down or anything," she said. "So it will always remain there, and it'll be a good memory. It's been an awesome week."

The New Zealander finished with a 13-under 275 total to beat Inbee Park of South Korea by three strokes. But the cash went to Park, who made the score closer by chipping in for birdie from an estimated 40 yards on the final hole.

"The pressure she was handling is really amazing," said Park. "I'm really happy for her. It's great for her career — and I think I was just lucky to get the winner's cheque today."

Ko became just the fifth amateur to win an LPGA tournament and first since JoAnne Carner of the U.S. back in 1969.

Even though Ko is an amateur, LPGA veterans kept with tradition for first-time tour winners and doused her with water. However, her first win in an LPGA was not as meaningful as the U.S. Amateur crown she won earlier this year.

"I didn't cry after this one ... but (after) that one I did cry," she said. "Yeah, to me, U.S. Amateur is a big event, and obviously this is a huge event as well. But still, as an amateur winning one of the biggest amateur events, I feel like it was a better win — even though this one was awesome."

Despite the big pro win, the Grade 11 student said she still plans to remain as an amateur and go to college in the U.S.

THE CANADIAN PRESS

Quoted

"I didn't even know what I (was) doing when I (was) 15. So it's pretty amazing to see her play this good (on) the best stage."

World No. 1 Yani Tseng on Lydia Ko's win

MLB

Bautista makes short-lived return to Jays lineup

Blue Jays slugger Jose Bautista, who re-aggravated his left wrist sprain on Saturday, travelled to Cleveland on Sunday to visit noted hand specialist Dr. Thomas Graham.

In just his second game back since he suffered the injury on July 16 in New York, Bautista left Saturday's game after just one at-bat citing new discomfort in the wrist. He was put back on the 15-day disabled list following the game.

TORSTAR NEWS SERVICE

Paralympics

Rugby's Hickling gets Canadian flag-bearing duty

A ferocious player on the court and an unassuming man off of it, Garett Hickling will carry the Maple Leaf into Wednesday's opening ceremonies of the 2012 Paralympic Games.

Hickling will represent Canada in Paralympic wheelchair rugby for the fifth time in his career. The 41-year-old from Kelowna, B.C., was named the Canadian team's flagbearer Sunday.

"This makes me want to hold my head up high and smile hard," Hickling said.

THE CANADIAN PRESS

Garett Hickling, right, battles for the ball during a game against Australia in April. GETTY IMAGES FILE

U.S. Open next stop on Grand Slam grind

Champion at Wimbledon in both singles and doubles. Winner again at the All England Club in both events, four weeks later at the Olympics.

Nobody would blame Serena Williams if she felt worn down by this year's jam-packed tennis calendar. She doesn't see it that way, though — even with the grind of the U.S. Open looming in New York.

"I look forward to this," Williams said. "It's almost like a launching pad for what I want to do for the rest of the hard-court season."

In a way, yes, Monday's start of the year's last Grand Slam marks a new beginning — the kickoff of a six-month stretch on the hard courts ends with the 2013 Australian Open.

Call it mental gymnastics, a creative way of looking at things or whatever else might apply. What can't be denied is that in an Olympic year, the U.S. Open — considered the toughest test in tennis under normal circumstances — is essentially the season's fifth major.

"A lot of them," Jim Courier said, "are running on fumes."

Indeed, many top players have had to double down on their fitness and find creative ways of organizing their schedules.

Defending champion Novak Djokovic barely took any time off following his fourth-place finish at the Olympics. He travelled to Toronto for a tuneup and won the tournament.

Then, he flew to Cincinnati, played six more matches but lost to Roger Federer in the final that included a 6-0 whitewashing in the first set.

"Mentally, I wasn't there, wasn't fresh," Djokovic said. "It had been a very busy time starting at the Olympic Games, and maybe that caught up with me at the end."

The second-seeded Djokovic won the Australian Open. Rafael Nadal won the French Open. Top-seeded Federer won Wimbledon. Just for good measure, third-seeded Andy Murray won the Olympics, meaning the U.S. Open could essentially determine the player of the year in men's tennis.

Though the women's game has been more in flux than the men's of late — seven different winners over the past seven Grand Slams — the math is essentially the same in 2012: Three of the top four women — No. 1 Victoria Azarenka, No. 3 Maria Sharapova and No. 4 Williams — have major titles this year and all need this one to break the tie.

THE ASSOCIATED PRESS

Quoted

"I think it was a sign my body just needed to slow down."

Maria Sharapova, who pulled out of her final two tune-up tournaments before the U.S. Open.

Mobile sports

Seahawks coaches and management were raving about how good Terrell Owens looked when he signed with Seattle earlier this month. That enthusiasm proved short-lived though as the controversial 38-year-old receiver was released by the club on Sunday.

Horoscopes

Aries
March 21 - April 20
Partnerships and affairs of the heart may be a bit stormy as the week begins. Try not to overreact because it is only a passing phase and will pass a lot quicker if you stay calm, whatever the provocation.

Taurus
April 21 - May 21
Social activities are unlikely to appeal to you today, but matters related to your health and fitness will. Head for the gym or the pool and not only will you feel better physically but mentally and emotionally too.

Gemini
May 22 - June 21
You seem much more passionate than usual, and that's good, but watch out you don't go over the top in some way. Not everyone shares your interests and some people won't take kindly to you trying to "convert" them.

Cancer
June 22 - July 23
Your instincts about people are rarely off target but with mind planet Mercury under pressure at the moment you could get the wrong end of the stick. Don't jump to conclusions.

Leo
July 24 - Aug. 23
You may be feeling ultra dynamic but not everyone out there shares your get up and go attitude to life. If there is something you want doing over the next 24 hours you will most likely have to do it yourself.

Virgo
Aug. 24 - Sept. 23
Stop worrying about money and relationship issues and just go out and have fun. Sometimes you can allow trivial things to get on top of you and that's not good, especially right at the start of the week.

Libra
Sept. 24 - Oct. 23
The more you try to persuade friends and colleagues to get involved in your latest scheme the more they back away. Why is that? It could be because they are still hurting from how your last scheme worked out.

Scorpio
Oct. 24 - Nov. 22
If you get the chance to travel and meet new people over the next few days – and you will – you must seize it with both hands. Don't let those at home hold you back – their reasons are largely selfish.

Sagittarius
Nov. 23 - Dec. 21
Is there a grand design? Does your existence have meaning? Yes and yes again are the answers to those questions and even if you did not believe it before you will believe it today. There is no such thing as "coincidence".

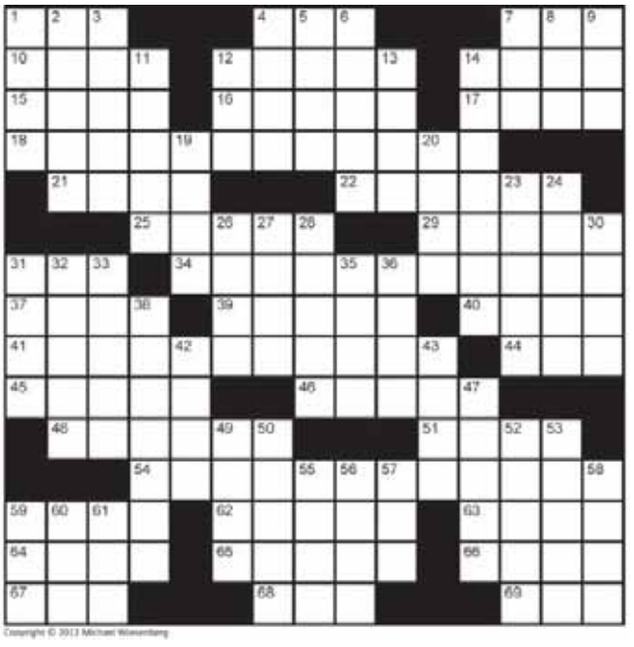
Capricorn
Dec. 22 - Jan. 20
Yes, of course, you should respect people in positions of power but that does not mean you have to do everything they say. Sometimes a bit of rebellion is a healthy thing – it keeps everyone on their toes.

Aquarius
Jan. 21 - Feb. 19
Don't be afraid to ask people you live and work with what they think about what you are doing. Some of what they say may be critical but most of the feedback will be positive. Their input is essential.

Pisces
Feb. 20 - March 20
You seem to believe that everyone but you is in on some kind of secret. It may be true but more likely you are being a bit paranoid. Stop worrying about what other people know – it's what you know that matters. **SALLY BROMPTON**

Crossword: A Team Member, a Party, a Group, and a Game

BY MICHAEL WIESENBERG



Across
1. Attractive leg, slangily
4. Cab alternative
7. Parliamentarians
10. Amor's Greek counterpart
12. Madras master
14. Short note
15. Princess of Star Wars
16. Angry bull's sound
17. "The ___-bitsy spider ..."
18. Province whose name means "swift flowing" in the Cree language
21. Endlessly worry
22. "Forget about it!" (from a casino term) (2 wds.)
25. Moves through mud
29. "___ Your Name": Mamas & Papas song (2 wds.)
31. Big letters for Internet stock companies
34. Buffy ___ (2 wds.)
37. Small iPod
39. Air conditioner coolant
40. Goes bad
41. They're in BC's Strait of Georgia (2 wds.)
44. ___ Miserables
45. Far above the ground
46. One Flew Over the Cuckoo's Nest novelist Ken
48. "He ___ the bank, three credit cards, four department stores": has much outstanding debt (2 wds.)
51. CFL whistle blowers
54. City in the Golden Horseshoe region of southern Ontario (2 wds.)
59. After-bath powder
62. Before surgery, informally
63. Bring in a harvest
64. "... there ___ square": it's the happening thing (2 wds.)
65. Weird
66. Computer menu selection
67. Parts of mos.
68. "Help!"
69. Repair tears

Down
1. Becomes semisolid
2. Fields of learning
3. Damp
4. BMO, for one: Fr.
5. "Here comes trouble!" (2 wds.)
6. Ambulance alert
7. Encountered
8. Parliament heads
9. Asian sauce type
11. "For goodness' ___!"
12. Air France fleet component, once: initialism
13. Vitamin ___: riboflavin (2 wds.)
14. Subcompact
19. Belt-hole makers
20. Take ___ view of: be pessimistic about (2 wds.)
23. Christmas song
24. Crème de la crème
26. Blockheads
27. Damsel
28. Behave furtively
30. Not more
31. Actress Swenson of Benson (anagram of GAIN)
32. São ___: Brazil's largest city
33. At the minimum setting (2 wds.)
35. Vocal sound
36. Finishes
38. Side with the football
42. Odd-sounding but grammatically correct answer to "Who's there?" (2 wds.)
43. Vassal
47. 2012 and 2013
49. Record, in a way
50. Shrek and Fiona, for two
52. Bloodsucking parasites
53. NWT's Great ___ Lake
55. Nestle candy bar from Britain
56. Kings: Fr.
57. Friend of Tarzan
58. Gush
59. CAA service
60. 40 days and 40 nights boat
61. 16-oz. units

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			8		4			
	6	8	3		9	1	5	
	3	2				4	8	
			6		2			
8								7
			4		7			
	1	3				7	4	
	7	4	5		8	6	2	
			7		3			

Yesterday's Sudoku

3	1	7	6	8	5	4	9	2
9	4	8	3	2	7	1	5	6
5	2	6	1	4	9	3	8	7
2	3	1	9	6	8	5	7	4
8	6	5	7	1	4	9	2	3
4	7	9	5	3	2	8	6	1
7	5	3	2	9	1	6	4	8
6	8	2	4	5	3	7	1	9
1	9	4	8	7	6	2	3	5

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Tuesday 20°/13° Variable
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Check the 14 day trend.
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